

Ready to take charge of your health?

Learn how with convenient, one-on-one, telephone coaching.



Telephone
Lifestyle
Coaching

1

Discuss TLC with your health care team and ask for a referral.

2

Accept a call from a TLC coach to enroll.

3

Set your goals, make a plan, and work with your coach over a series of calls to help you stay on track.

Questions? Ask your health care team or visit www.prevention.va.gov/TLC

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the program is for informational purposes only. The coaching team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law.

VA



U.S. Department of Veterans Affairs
Veterans Health Administration